## Ski Program FAQ's

**Should I read the Wintersports signup form?** That's easy. Yes. The first two pages in particular are full of information you need to know.

Choose the Wintersports activity wisely and stick with your choice. Discuss the options with your child and sign up accordingly. Stick with your choice. Last minute changes are an undue burden to our staff volunteers.

## Should my child ski/board Baldy or Dollar?

Your child should be able to competently ski from the top of <u>Baldy</u> under control and at a reasonable speed. Merely surviving Baldy is below our standard and it is often not possible to include such a skier in any of our groups.

Skiers should at the least have a very strong wedge turn and be progressing toward a parallel stance. Snow plowing Baldy for 3 hours is difficult. Boarders should have competent toe and heel turns.

Remember not every day is going to be full of smooth, soft groomed runs. Storm conditions can severely test any skier's confidence and skiing ability.

The runs are very long. Skiing Baldy takes skill, strength, and confidence.

<u>Dollar</u> is a great kids' mountain. It allows young skiers to progress gradually, comfortably, and safely. Most of the children with a developing skill level are on Dollar. Starting on Dollar and switching to Baldy is an option.

<u>Not sure which</u>? Start on Dollar. Being promoted to Baldy is a more positive outcome than being demoted from Baldy. Being the slowest in a group is no fun and can force a child to ski unsafely in order to keep up. We often have Dollar groups that when ready move as a group to Baldy during the ski program. Going to Baldy with a familiar group is also less intimidating.

**Can my child try something new!** Your child might enjoy taking a break from their normal winter sports activities especially if they are on a team. This is a great chance to try a different ski discipline or ice skating.

My child has a scheduling conflict on Thursdays, can they participate for part of the day? If they can't commit to skiing until 4:00PM then they should not participate. It's not fair to the other members of the group to change their day to be at the bottom early. A special circumstance one day

is one thing and planning to inconvenience others every day is different. Be considerate, do the right thing.

**Baldy Ski Levels** (compare your child to all students 2nd grade to 5<sup>th</sup> grade, not just to their age group.)

*Easy Runs* – Skis College, Ridge, Seattle Ridge, Olympic, and Lower Warm Springs carefully but can link turns competently.

*Mostly Groomers* – Skis all the groomed runs with confidence, few or no moguls or crud.

*Faster* – Skis groomed runs at speed and competently skis some moguls, crud, and powder.

**Black Diamonds** – Expert skier, skies all terrain in all conditions. Usually an older student.

These classifications are a great aid to our staff in organizing functional ski groups and getting everyone in a compatible group as soon as possible. Groups change as needs and circumstance arise.

**Why can't 1st graders ski Baldy?** It's not about their skiing ability, it's about their maturity, their safety, and the bathroom. They need another year of experience in following directions, being focused, and making independent decisions. No exceptions.

**Label Everything!** – Every year someone ends up with some else's skis and it's a pain in the neck for both kids, their groups, and the adults. Other children have skis just like your child's.

**Snacks?** Send a snack on skis days. Most ski groups stop for a short break. A snack bar and a packet of instant Cocoa are just what they need on a cold January afternoon and they fit in their pocket. The other kids will have one too.

## How do I Volunteer?

Good, reliable volunteers are the backbone of the Wintersports program. Please consider helping if you can. We especially need extra volunteers on Dollar where we have many first time skiers. If you can pick a child up off the snow you can help at Dollar.

So, check the program dates, sign up on the purple form, Baldy and Dollar volunteers attend the mandatory volunteer meeting January 5, 2:30PM, be there on time every week. We can also use you as a substitute if you are only available some of the dates. Some parents also arrange to share a group on alternate days. Let us know at the meeting. Nordic Skiing and Ice Skating volunteers who sign up will be contacted individually.

Are the Terrain Park features at Dollar like the Super Pipe available to my awesome child skier/boarder? No, we are not equipped or staffed for that level of awesomeness. Higher level skiers/boarders will be happier on Baldy during our program.

**What is the Snowshoeing option?** Students who choose may stay at school and snow shoe in Atkinson Park with staff volunteers. They will be able to be dismissed from school at the normal 2:30 time. There is limit of 20 students for this option. Students will be provided with snowshoes. They should wear standard winter snow boots for this activity.

**Can Ski Team Members Participate?** Yes, Carefully read page one of the Wintersports form (see Ski Team Participants.) Discuss the options with your child and sign up accordingly.

- SVSEF "Devo" team members can ride the buses to River Run and meet their coaches in the plaza area or they can also choose to ski with friends in the Hemingway groups.
- There is no Nordic or Snowboard team involvement options other than skiing with the Hemingway program.
- Members of teams who train on Thursday afternoons can not participate in our program.

**Are Helmets Required?** No, but they are a really good idea. Helmets are strongly recommended for beginning ice skaters.

**Can anyone get an Equipment scholarship?** These are based on need and there is a limited amount of money available for them. Please request one only in cases of absolute need.

**Does my child need insurance?** Yes, insurance is a requirement. If they are uninsured, a policy which covers accidents during school activities is available. Ask at the office for an application.

**Can my child bring their cell phone skiing?** Yes, while cell phone use is not allowed at school, it is a good safety idea to have it while skiing, especially on Baldy.